Your Holiday Survival Guide

Your Unit

Rudy,
Your Holiday
Survival Expert

Make the Holiday Season Fun and Safe

“After a year of hard work,
You deserve a break this holiday season.
To help you get through the holiday, here’s a load of ideas
From Rudy, our friendly holiday survival expert.

Thanks for all your hard work this past year.
Keep up the GREAT work and have a safe and restful holiday
With your family, friends, and loved ones.”

This way to
Happy Holidays!

Don’t Have Injuries In Your Activities, So You May Enjoy The Festivities.

Don’t Let the Chaos of the Season Catch You Unprepared

- Plan Ahead, Make the Right Choices, and Exercise Caution.
- Make Safety Planning a Family Affair and Tradition.
- Don’t Let Your Creativity Overwhelm Your Holiday Decorating.
- Visit the Safety Website for Valuable Tools and Resources.

Be of Good Cheer, Take It Easy On That Beer!

(Or whatever your favorite holiday drink may be.)

Ways to Manage Enjoyment of Libations

- **Let the holiday lights be the light of the party.**
  (Not your drink-happy red nose or cheeks.)

- **Don't let your favorite "poison" literally destroy your liver and cause severe damage, or worse, death.**
  (You might think being a "Power Drinker" is cool. Drink sparingly. Your liver will thank you later.)

- **If you really must drink to get in the holiday spirit, be responsible and ask someone to drive you home.**
  (The spirit you enjoyed may make you feel just a tad light; your foot may think the gas pedal is the brake.)

- **A good holiday host makes sure there's "un-spirited" refreshments for the designated driver.**
  (Non-alcoholic drinks will not make your party any less fun. Guests would be grateful for a holiday that's uneventful.)

- **Before you take that last drink, be careful, you could be drunker than you think.**
  (A shot is a shot is a shot is a shot. And your spirit will be shot if you find that you're in [alcohol] shock!)

To Survive The Ice & Snow, Take It Easy, Take It Slow.

Survive the Drive and Make It Home for the Holidays

- **Slip-sliding away to get home might give you a broken bone.**
  (There's no need to speed. Plan ahead for your holiday trip and you'll get there without a glitch.)

- **Stay awake and see the road. Cars belong on the road, not in a ditch.**
  (There's a reason you have a bed, an alarm clock, and an early out from work: So you can get plenty of rest and sleep.)

- **Your first crash may be your last. Buckle up.**
  (Don't be a statistic. Every 2 miles, an average driver makes 400 observations, 40 decisions, and could probably make 1 fatal mistake.)

- **Motorcycle [+] slick road [-] personal protective gear [=] Lethal weapon waiting to engage.**
  (Unless you want to be remembered as a self-propelled missile who missed its targe

Your Christmas Tree Should Bring Joy and Glee.

Is It Spruce, Fir, Pine or Plastic?

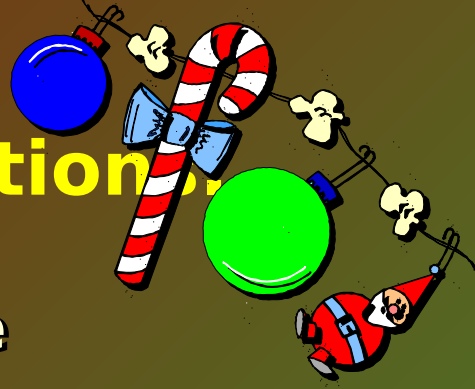
- **Whether it's the real thing or the easy-assembly version, the tree should stand, not lean.**
  (Use a good tree stand and make sure the tree is secure. Looking at a leaning tree could be amusing but being trapped under one is distressing!)

- **Oh, the tree is so bright and gives out so much light. Is that a string of lights or a ring of...FIRE!**
  (Christmas trees do catch on fire even if those bulbs are teeny-weenie. The phrase to remember: "UL-Approved.")

- **A thirsty tree becomes a dried-up tree, which eventually could end up a toasted tree.**
  (Just because it's a hectic season, you can't forget the tree-watering session.)

- **The holidays are over and the tree needs to go undercover.**
  (Unless you want fireworks in your house, discard of your not-so-alive tree when it stops being thirsty.)

Holiday Decorations Can Be Harmful Creations



Don’t Make Your Home A Danger Zone

- **The Holly is so pretty, but someone’s tummy is not so happy.**
  (Yes. Holly berries are toxic so don’t leave them out for little Tommy or the puppy to mistake them for treats.)

- **The trimmings are hung, the lights are strung, the carols are sung, and…wait, is that the smoke alarm that rang?**
  (To avoid trimming disaster, consider using fresh foliage to run electric lights through it, or light candles around it; remember: the fresher the better.)

- **Glass ornaments bring extra glow to your decor, but you won’t be happy when they break and hit the floor.**
  (To avoid vacuuming what’s left of grandma’s heirloom ornament, hang it high where junior can’t reach it.)

- **Holiday stockings are great, especially when filled with special treat. But hung too close to the fireplace they could put everyone in full retreat.**
  (Stockings could be entertaining for your curious feline pet or could be great kindling that would quickly send the fire alarms ringing.)

- **Your pets are truly adorable but not so when they find electrical cords and ornaments irresistible.**
  (A trip to the vet can turn into a nightmare for your pet, but even more so for your holiday budget.)

Everything Under Your Roof Should Be Fun and Fireproof.

Make Your Season Bright, But Not With Unattended Light

- **Be careless with your tree and you could end up "treeless," or worse, homeless.**
  (It takes only 45 seconds for a dry Scotch pine tree to be fully engulfed in flames.)

- **You should be proud to say "Inspected by House Member #1" before hanging those holiday lights.**
  (You would be especially proud if you get through the holidays without a single unwanted spark.)

- **Sure you like the scent of apples and spice, but burning candles left alone don't turn out nice.**
  (Not only they leave that nasty wax all over, but they could leave you morose forever.)

- **The heat in your home should come only from your furnace.**
  (Space heaters, fireplaces, & gas logs do give off extra warmth. If left unattended, they could turn into a fire mammoth.)

- **Lights are spectacular when they are properly on display and keeps Mr. Fireman at bay.**
  (You may not be an electrician, but you can avoid electrocution if you follow every single instruction.)

- **Lights that come on must also be turned off.**
  (Before leaving your home or going to bed, do turn off the lights or you'd have a disaster that

Bells Will Be Ringing, Kids Await Gifts You'll Be Bringing.

Find A Toy That Will Bring Lots of Joy

- **Toy buying should be synonymous with no kids crying.**
  (If there would be any crying, the tears should be those of joy, not of pain. Give them toys that could harm them and they could drive you insane.)

- **Go ahead, snip the strings and tear up the wrapper. Just make sure you clean up after the clutter.**
  (For kids, it's all about what's in the box. You don't want to find little Johnny boxed up like Fort Knox.)

- **Those little toys are perfect for the younger ones, but tiny pieces sometimes end up in small mouths.**
  (Beware those you can't see, for they could end up in places you least expect them to be.

- **Unless you want to turn your living room into a fly zone, stay away from toys that go airborne.**
  (Avoid those that shoot projectiles or have parts that fly off. These toys could also increase probabilities of eye injuries.)

- **Read toy labels and, to have a holiday that's injury-free, look for the safety symbol ASTM F963.**
  (Be smart. Be wise. Lack of attention to detail could make you pay a higher price.)

Come One, Come All
The Meal is Bountiful.

Make Meal Preparation An Easy Chore

- **Little kitchen helpers might give you little patience if they get in the way.**
  (Watching cookies rise could be fun. But when someone gets too close it's definitely a burn.)

- **Oh, the wares and food — they're here, there, everywhere!**
  (Is your kitchen beginning to look like the land of confusion? Organize and you will not agonize.)

- **"Wow, that turkey was sooo good!"**
  (Your last words before your stomach waged a war on you.)

- **If you prefer to cook the turkey using a fryer, take it outside but don't leave it unattended.**
  (Combustible turkey just doesn't appeal to the discriminating palate.)

Now that the festivities are done, the toughest job in the kitchen has come.
(Come Mr. Clean. Come 409. Come Comet. It's time to roll up our sleeves and get the grime out.)

The Blue Light Special is Calling;
The Time Is Now To Go Shopping.

Get There Fast and Shop Smart

- **Bring the smallest amount of cash (if you need to carry some) or only the credit card you need.**
  (Beware the roaming eyes when opening your wallet. Someone of seedy character may only have eyes for you.)

- **Park under a light if you go shopping at night.**
  (You never know what lurks in the dark, so always remember where you park.)

- **Keep your cool while looking for a spot. Avoid confrontations when in a packed parking lot.**
  (Don't fight for a spot. Park in the back, that way you won't get whacked.)

- **Don't be a carry-it-all "Super Shopper." Don't make yourself an easy target for an excited robber.**
  (Hands-free should not only be applied to cell phone use. When shopping, keep one hand free of bags.)

- **The back of your car shouldn't look like a store holiday display case.**
  (What's on sight to the bad guy could suddenly become out of sight to you.)

- **Keep your young ones near, so your holiday will not be filled with fear.**
  (Watch your kids very carefully. Lay down some rules so all can get back home safe and sound.)

Season’s Greetings From Rudy and Your Installation Safety Office

Please Don’t Drink and Drive. We’ll See You Next Year!